Free!

COMMUNITY TRAININGS

BEYOND THE BET
Thursday, January 22, 2026, 9-10:30 AM or 3-4:30 PM
Education about gaming and gambling helps people recognize risks, spot warning signs, and seek help before problems affect their mental and behavioral health.

safeTALK: SUICIDE ALERTNESS FOR EVERYONE
Thursday, February 12, 2026, 9 AM-1 PM
Prepares individuals to become suicide-alert helpers and take action when someone is experiencing suicidal thoughts.

YOUTH MENTAL HEALTH FIRST AID
Thursday, March 12, 2026, 9 AM-4 PM
Designed for adults who interact with youth, this course focuses on identifying and supporting young people in non-crisis and crisis situations.
****Requires pre-registration. Participants must complete online pre-work before the training.****

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES
Thursday, April 9, 2026, 6-8 PM
Helps communities understand how adversity early in life affects brain development, and teaches them how to build resilience, ultimately improving the lives of future generations.

MENTAL HEALTH FIRST AID
Saturday, May 2, 2026, 9 AM-5 PM
Teaches individuals how to recognize and provide initial help to those experiencing mental health or substance use challenges.

VALLEY COMMUNITY SERVICES BOARD

Provided by
Valley Community
Services Board

EMBRACE
CENTERS FOR COMMUNITY

All trainings will be held at Embrace Community Center 932 Fir St, Waynesboro, VA 22980

To Register:

Scan QR Code
or visit
https://bit.ly/4oOBC3G